CLAIM AMENDMENTS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

 (Currently Amended) A method for improving the performance of a decoder, comprising:

receiving and demodulating a preamble at a first station;

determining an energy value for a transmission from [[a]] the first station to a second station, wherein the energy value is based on the preamble information received and processed at the first station, the decoder residing in the second station:

forming a message carrying an indicator of the energy value, an identity of a target destination of a data payload, a transmission rate of a subpacket, a number of subpackets to carry a full amount of the data payload, and timing information of the arrival of the subpackets; and

transmitting the message to the second station.

- wherein the energy value is a traffic-to-pilot ratio and (1) determining an energy value includes locating the energy value in a look-up table and selecting an index value representing the energy value, and (2) forming a message carrying an indicator of the energy value includes forming a message including the index value.
- (Original) The method of Claim 1, wherein the step of transmitting the message comprises positioning the message in a preamble.
- (Original) The method of Claim 1, wherein the step of transmitting the message comprises positioning the message in a subpacket.
- 4. (Original) The method of Claim 1, wherein the step of transmitting the message comprises positioning the message between a preamble and a subpacket.
 - 5. (Cancelled).

Attorney Docket No.: 010052D1

- (Original) The method of Claim 1, wherein the first station is a base station and the second station is a remote station.
- 7. (Previously Presented) The method of Claim 1, wherein the first station is a remote station and the second station is a base station
- (Currently Amended) An apparatus for improving the performance of a decoder, comprising:

means for receiving and demodulating a preamble at a first station;

- means for determining an energy value for a transmission from [[a]] the first station to a second station, wherein the energy value is based on the preamble information received and processed at the first station, the decoder residing in the second station:
- means for forming a message carrying an indicator of the energy value, an identity of a target destination of a data payload, a transmission rate of a subpacket, a number of subpackets to carry a fill amount of the data payload, and timing information of the arrival of the subpackets; and
- means for transmitting the message to the second station,
- wherein the energy value is a traffic-to-pilot ratio and (1) the means for determining an energy value locates the energy value in a look-up table and selects an index value representing the energy value, and (2) the means for forming a message carrying an indicator of the energy value forms a message indicating the index value.

 (Currently Amended) A computer-readable medium encoded with computer-readable instructions thereon that, when executed by a computer, cause the computer to: for performing the steps of:

receive and demodulate a preamble at a first station;

- determine[[ing]] an energy value for a transmission from [[a]] the first station to a second station, wherein the energy value is based on the preamble information received and processed at the first station, a decoder residing in the second station;
- form[[ing]] a message carrying an indicator of the energy value, an identity of a target destination of a data payload, a transmission rate of a subpacket, a number of subpackets to carry a full amount of the data payload, and timing information of the arrival of the subpackets; and

transmit[[ting]] the message to the second station,

wherein the energy value is a traffic-to-pilot ratio and (1) the step of determining an energy value includes locating the energy value in a look-up table and selecting an index value representing the energy value, and (2) the step of forming a message carrying an indicator of the energy value includes forming a message including the index value.

- (Currently Amended) An apparatus for improving the performance of a decoder, comprising:
 - a processor operable to demodulate a preamble received at a first station;
 - a transmission power control unit for determining an energy value for a transmission from [[a]] the first station to a second station, wherein the energy value is based on the preamble information received and processed at the first station, the decoder residing in the second station; and
 - a channel element coupled to the transmission power control unit for forming a message carrying an indicator of the energy value, an identity of a target destination of a data payload, a transmission rate of a subpacket, a number of subpackets to carry a fill amount of the data payload, and timing information of the arrival of the subpackets and for transmitting the message to the second station,
 - wherein the energy value is a traffic-to-pilot ratio and (1) determining an energy value includes locating the energy value in a look-up table and selecting an index value representing the energy value, and (2) forming a message carrying an indicator of the energy value includes forming a message including the index value.
- 11. (Previously Presented) The apparatus of Claim 10, wherein the transmitting the message comprises positioning the message in a preamble.
- 12. (Previously Presented) The apparatus of Claim 10, wherein the transmitting the message comprises positioning the message in a subpacket.
- 13. (Previously Presented) The apparatus of Claim 10, wherein the transmitting the message comprises positioning the message between a preamble and a subpacket.
 - 14. (Cancelled).
- 15. (Previously Presented) The apparatus of Claim 10, wherein the first station is a base station and the second station is a remote station.

- 16. (Previously Presented) The apparatus of Claim 10, wherein the first station is a remote station and the second station is a base station.
- 17. (Currently Amended) A base station for improving the performance of a decoder, comprising:
 - a processor operable to demodulate a preamble received at a first station;
 - a transmission power control unit for determining an energy value for a transmission from [[a]] the first station to a second station, wherein the energy value is based on the preamble information received and processed at the first station, the decoder residing in the second station;
 - a channel element coupled to the transmission power control unit for forming a message carrying an indicator of the energy value, an identity of the target destination of a data payload, a transmission rate of a subpacket, a number of subpackets to carry the full amount of the data payload, and timing information of the arrival of the subpackets; and
 - a transmitter adapted to transmit the message in a forward link channel to the remote stations,
 - wherein the energy value is a traffic-to-pilot ratio and (1) determining an energy value includes locating the energy value in a look-up table and selecting an index value representing the energy value, and (2) forming a message carrying an indicator of the energy value includes forming a message including the index value.

- 18. (Currently Amended) A remote station for improving the performance of a decoder, comprising:
 - a processor operable to demodulate a preamble received at the remote station;
 - a transmission power control unit for determining an energy value for a transmission to a base station, wherein the energy value is based on the preamble information received and processed at the remote station, the decoder residing in the base station:
 - a channel element coupled to the transmission power control unit for forming a message carrying an indicator of the energy value, an identity of a target destination of a data payload, a transmission rate of a subpacket, a number of subpackets to carry a fill amount of the data payload, and timing information of the arrival of the subpackets; and
 - a transmitter adapted to transmit the message in a reverse link channel to the base station, wherein the energy value is a traffic-to-pilot ratio and (1) determining an energy value includes locating the energy value in a look-up table and selecting an index value representing the energy value, and (2) forming a message carrying an indicator of the energy value includes forming a message including the index value.
- 19. (New) The method of Claim 1, further comprising receiving by the first station a packet that includes a message, a data subpacket, and the preamble.
- 20. (New) The method of Claim 19, wherein the packet is received by the first station via a traffic channel.